



National Nutrient Database for Standard Reference

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Statistics Report 09070, Cherries, sweet, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 5 6	g	82.25	12	0.546	77.9	86.5	1.0	75.311	89.182	4	Analytical or derived from analytical	--	10/2002
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	263	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein 1 2	g	1.06	8	0.075	0.94	1.2	2.0	0.742	1.386	2	Analytical or derived from analytical	--	10/2002
Total lipid (fat) 1 2	g	0.20	8	0.017	0.05	0.5	1.0	0.039	0.354	2	Analytical or derived from analytical	--	10/2002
Ash 1 2	g	0.48	8	0.065	0.35	0.55	2.0	0.2	0.759	2	Analytical or derived from analytical	--	10/2002
Carbohydrate, by difference	g	16.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary 1 2	g	2.1	8	0.212	1.7	2.4	2.0	1.169	2.993	2	Analytical or derived from analytical	--	10/2002
Sugars, total	g	12.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3 4 5	g	0.15	10	0.081	0	0.64	2.0	-0.201	0.499	4	Analytical or derived from analytical	--	10/2002
Glucose (dextrose) 2 3 4 5	g	6.59	13	0.615	4.77	16.14	2.0	3.941	9.235	4	Analytical or derived from analytical	--	10/2002
Fructose 2 3 4 5	g	5.37	13	0.440	3.2	10.22	2.0	3.479	7.264	4	Analytical or derived from analytical	--	10/2002
Lactose 2	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Maltose 2 3	g	0.12	5	0.120	0	0.24	1.0	-1.405	1.645	2	Analytical or derived from analytical	--	10/2002
Galactose 2	g	0.59	4	0.307	0.07	1.29	3.0	-0.387	1.57	1	Analytical or derived from analytical	--	10/2002
Starch 2	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Minerals													
Calcium, Ca 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	13	64	0.101	11	27	16.0	12.943	13.372	20	Analytical or derived from analytical	--	10/2002
Iron, Fe 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	0.36	65	0.005	0.03	0.92	16.0	0.35	0.369	20	Analytical or derived from analytical	--	10/2002
Magnesium, Mg 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	11	65	0.070	7	19	16.0	10.755	11.05	20	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	21	63	0.135	13	29	16.0	21.163	21.735	19	Analytical or derived from analytical	--	10/2002
Potassium, K 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	222	65	1.196	129	267	16.0	218.967	224.036	20	Analytical or derived from analytical	--	10/2002
Sodium, Na 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	0	64	0.015	0	1	16.0	0.462	0.525	20	Analytical or derived from analytical	--	10/2002
Zinc, Zn 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	0.07	65	0.002	0	0.67	16.0	0.066	0.075	20	Analytical or derived from analytical	--	10/2002
Copper, Cu 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	0.060	65	0.001	0.01	0.17	16.0	0.059	0.062	20	Analytical or derived from analytical	--	10/2002
Manganese, Mn 1 2 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	mg	0.070	65	0.001	0.04	0.19	16.0	0.069	0.071	20	Analytical or derived from analytical	--	10/2002
Selenium, Se 2	µg	0.0	4	0.018	0	0.1	3.0	-0.018	0.098	1	Analytical or derived from analytical	--	10/2002
Fluoride, F 25	µg	2.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	7.0	8	1.588	4.9	10.1	2.0	0.153	13.814	2	Analytical or derived from analytical	--	10/2002
Thiamin 1 2	mg	0.027	8	0.004	0.02	0.04	2.0	0.008	0.046	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 2	mg	0.033	8	0.004	0.02	0.05	1.0	0.008	0.058	2	Analytical or derived from analytical	--	10/2002
Niacin 1 2	mg	0.154	8	0.006	0.14	0.17	2.0	0.129	0.179	2	Analytical or derived from analytical	--	10/2002
Pantothenic acid 1 2	mg	0.199	8	0.017	0.17	0.22	2.0	0.126	0.272	2	Analytical or derived from analytical	--	10/2002
Vitamin B-6 1 2	mg	0.049	8	0.004	0.04	0.06	2.0	0.032	0.066	2	Analytical or derived from analytical	--	10/2002
Folate, total 1	μg	4	4	0.850	3	6	1.0	-6.95	14.65	1	Analytical or derived from analytical	--	10/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	4	4	0.850	3	6	1.0	-6.95	14.65	1	Analytical or derived from analytical	--	05/2007
Folate, DFE	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total	mg	6.1	--	--	--	--	--	--	--	--	Calculated or imputed	09236	02/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2	µg	38	6	10.929	25	60	2.0	-8.691	85.357	2	Analytical or derived from analytical	--	10/2002
Carotene, alpha 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin A, IU 1 2	IU	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Lutein + zeaxanthin 2	µg	85	2	--	84	85	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol) 2 6	mg	0.07	5	0.010	0.06	0.08	1.0	-0.057	0.197	2	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 6	mg	0.01	5	0.010	0	0.02	1.0	-0.117	0.137	2	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma 2 6	mg	0.04	5	0.035	0	0.07	1.0	-0.41	0.48	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ²⁶	mg	0.00	5	0.000	0	0	1.0	--	--	2	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ²⁶	µg	2.1	5	0.600	1.5	2.7	1.0	-5.524	9.724	2	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
14:0	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:0	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
16:1 undifferentiated	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan ²	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Threonine ²	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Isoleucine ²	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Leucine ²	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine ²	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Methionine ²	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Cystine ²	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Phenylalanine ²	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Tyrosine ²	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Valine ²	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Arginine ²	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Histidine ²	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Alanine ²	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Aspartic acid ²	g	0.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 2	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glycine 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Proline 2	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Serine 2	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 30 31 32 33 34 35 36	mg	30.21	83	4.21	0.72	145.09	--	--	--	--	--	--	--
Petunidin 32	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 32	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 32	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 30 31 32 35	mg	0.3	74	0.03	0	1.88	--	--	--	--	--	--	--
Peonidin 30 31 32 33 34 35 36	mg	1.5	83	0.27	0	10.99	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 31 32 37 38 39	mg	4.4	--	0.53	0	14.9	--	--	--	--	--	--	--
(-)-Epigallocatechin 32 37 38	mg	0.3	--	0.26	0	2.89	--	--	--	--	--	--	--
(-)-Epicatechin 31 32 35 37 38 39 40	mg	5.0	84	0.35	0.43	27.04	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 32 37 38	mg	0.1	--	0.01	0	0.2	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 32 37 38	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 32 37 38	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 32	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 32	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 32 41 42	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 32 41 42	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Iisorhamnetin 34	mg	0.1	--	0.01	0.04	0.07	--	--	--	--	--	--	--
Kaempferol 34 41 42 43 44 45	mg	0.2	--	0.08	0	0.67	--	--	--	--	--	--	--
Myricetin 32 41 42 43 44 45	mg	0.1	--	0.05	0	0.45	--	--	--	--	--	--	--
Quercetin 31 32 34 35 41 42 43 44 45 46 47	mg	2.3	80	0.02	0.1	6.78	--	--	--	--	--	--	--
Isoflavones													
Daidzein 48	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 48	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 48	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 27 28 29	mg	3.5	--	0.84	2.38	4.8	--	--	--	--	--	--	--
Proanthocyanidin trimers 27 28 29	mg	2.7	--	0.94	1.85	4.9	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 28 29	mg	6.7	--	0.78	5.96	7.74	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 28 29	mg	1.8	--	0.15	1.6	2.03	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 28 29	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Sweet Cherries, 1990

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD

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